

WESTFORD COUNCIL ON AGING NEWSLETTER



NOVEMBER 2017



20 Pleasant St., Westford, MA

978 - 692 - 5523

www.westfordma.gov/coa

Hours : Monday – Friday 8a.m. – 4p.m. Evening Hours: Tuesdays & Thursdays 4p.m.– 8p.m.

MISSION STATEMENT: The Council on Aging promotes physical, emotional, and economic well-being of older adults and promotes their participation in all aspects of community life.

NEW PROGRAMS

LEAF COLLECTION

Saturday, Nov. 4, at 7 a.m. & Saturday, Dec. 2, at 7 a.m.

Place your leaves, grass clippings and pine needles into paper leaf bags and have them on the curb by 7am on collection day. Acme Waste Systems will be collecting leaves. The cost will be \$1.25 per bag with a minimum charge of \$20 per pick up. You pay Acme Directly by attaching check payable to Acme Waste Systems to one of the bags on collection day. Call the town Clerk's Office to register at 978-692-5515.

SILENT FILM W/ LIVE ORGAN PRESENTS:

THE BIG PARADE

Sunday, November 12th at 2PM

COA tickets for sale \$5 only 30 available.

WA in conjunction with Westford Veterans Service present the highest grossing silent film of all time, The Big Parade. This is a love story that coincides with American involvement in World War I. Proceeds will help support this event next year. Admission to the event is \$10 per adult except Veterans get in free and school age children are \$7. This performance will be held in the WA Performing Arts Center. (Veterans can receive their free ticket by calling our Veteran Agent, Terry Stader at 978-392-1170)

COA Van will provide free transportation to this event.

Limited Seats.

VETERANS LUNCHEON

Thursday, Nov. 9, at 12:30 p.m.

Food Sponsored by Legion post 159. Call to sign up at 978-692-5523.

PICKLE BALL 101

Thursday, Nov. 9, at 1:00 p.m.

court side at the Cameron- Please register by calling 978-692-5523

BRUNCH AND BEADS.

Wednesday, Nov. 29, at 10 am

Kathy Cunningham of Coldwell Banker in Westford and Diana Seremet Baranowski of Beadles in Chelmsford will be back with this very popular workshop. You can make your own piece of jewelry using Christmas characters or other seasonal beads and enjoy some refreshments. Cost is \$5.00 to the instructor. Please register for this fun event on at the Cameron Senior Center at 978 692 5523.

HAM & BEAN SUPPER

Saturday, November 18, Time TBD.

The Annual Ham and Bean Supper, sponsored by the Westford Firefighters Association, American Legion Post 159 and the Franco American Club, will be held at the Franco American Club. There is no charge for the dinner, but we encourage you to bring an item for the Community Food Pantry. Please pre-register at 978-692-5523.

THANKSGIVING DINNER

Sunday, November 19, at Noon.

For the 20th year, Jim Geraghty, family and friends, are graciously hosting a Turkey Dinner for Westford seniors age 60 and over on Sunday, November 19th at Westford Academy. Bingo will be from 10 a.m. - noon, with lunch afterward. Volunteers will serve this full-course homemade dinner to you. Seating is limited. Reservations and transportation are available but you must reserve your seat by calling 978-692-5523.



Director's Message



A great big thank you to the Friends of the Cameron Senior Center for another very well done and successful Harvest Fair. The Cameron was adorned with vendors selling their attractive handmade specialty items ranging from jewelry, seasonal decorations, soaps to elaborate quilts, scarves and mittens made by our very own quilters. The atmosphere was cheerful as volunteers were busy selling delicious baked goods, grilling hot dogs and assembling lunch for participating vendors as well as selling raffle tickets for fun themed baskets made by center participants and I can't forget the auction items which caused much temptation and the offerings of Trudy's Boutique. Congratulations to our Friends of the Cameron Board for a fantastic event and the many volunteers, center participants and shoppers who supported this fundraising event.

Exciting News....Putting Westford on the Map as Dementia Friendly

With the support of our COA board, Town Manager and Selectman our COA is working collaboratively with Senior Helpers to spearhead an effort to help Westford become more Dementia Friendly. Recently, at the first kick-off meeting hosted by NETSCOUT which included many community partners which included businesses, faith leaders, banks, caregivers of loved ones with dementia, elder attorneys, medical/mental health entities, Town Dept. and other partners in this effort. We were fortunate to have Emily Kearns, PhD and Coordinator of the Dementia Friendly MA. Initiative who spoke as well as helped shaped our direction and goals which include:

- Understand what dementia is and how it differs from common perceptions
- Learn to recognize the signs of Dementia
- Practice Dementia-friendly communication habits
- Eliminate the stigma associated with Dementia

I/we would like to invite any of you who would be interested in learning more about this community effort to join us for these upcoming educational opportunities scheduled below:

November 1st from 2-3pm- Cameron Senior Center

Second meeting of Dementia Friendly Westford- Speakers: Arthur Bergeron, Elder Law Attorney will share his work on the tri-town/city effort of helping Hudson, Marlboro and Northborough earn their Dementia Friendly certification. Rachel Movitz, Psy. D. "Dementia and Decision-Making Capacity"

RSVP: Alison Christopher at achristopher@westfordma.gov or 978-399-2325

November 30th 7-8pm- Fletcher Library

"The Basics of Understanding Dementia" presented by Denise Thomas, Program Coordinator for Alzheimer Association- RSVP Holly Pritchard at hpritchard@westfordma.gov or call 978-399-2301

January 16th 4-7pm- Bridges by Epoch, 108 Littleton Road

"VIRTUAL DEMENTIA TOUR"- ten minutes to walk a mile in their shoes

Presented by: Senior Helpers of Westford, light dinner fare by Bridges
RSVP: Jim DiGiorgio at jddiorgio@seniorhelpers.com or call 978-467-4300

I hope to see you at one of these programs and lastly, I want to thank Julie Wysocki and Jim DiGiorgio of Senior Helper and Alison Christopher for a super kick-off meeting.

Jennifer

Save the Dates

MEET THE MUSIC MAKERS

Friday, Dec.1, at 12:30 p.m.

Join us for an hour of musical entertainment and fun. Listen to some seasonal songs and enjoy a casual hour visiting and playing "Name That Tune" as well as enjoying lunch. We hope to see you there. RSVP at 978-692-5523.

WINTER CONCERT

Tuesday, Dec.12, at 1p.m.

Please welcome back the Greater Boston Philharmonia Singers to our center and listen you the variety of music from traditional Christmas carols to traditional Chinese melodies. Light refreshments will be served. Call 978- 692- 5223 to sign up.

HOLIDAY BREAKFAST

Wednesday, December 13 at 8 a.m.



Join in this fun occasion by mingling and catching up with friends and enjoying a delicious breakfast prepared by our supportive Town Selectmen and Town Manager for our annual combined Women's and Men's Breakfast .Sign up now at 978-692-5523.

HOLIDAY LUNCHEON AT THE REGENCY INN

Friday, December 15th at 11:30

We are glad to share with you an opportunity to stroll through the Festival of Trees while enjoying the music of our very own Upbeat Band playing many traditional holiday favorites starting at 10:30 prior to lunch. You will see many beautifully and most creatively decorated Christmas trees, wreaths and gingerbread houses. Do not miss our tree "Old Fashion Christmas" and a beautifully crafted wreath made by our in-house artists both will be auctioned off at our luncheon to support our art classes/programs.

Holiday menu: Caesar salad, stuffed manicotti, broccoli, garlic bread, holiday dessert, tea and coffee. Cost: Friends members: \$8 and Non—Friends members-\$16 Transportation will be provided just call and reserve your seat at 978-399-2322.

TREE DECORATORS NEEDED

Calling for volunteer elves to help decorate our first tree entry to the Festival of Trees sponsored by the Westford Family Fun Fest. We are fortunate to have **Nancy Rivet, Head Christmas Elf** to help organize this effort and we will be having a meeting on Thurs., Nov. 9th at 11:15 in the Cameron library for those that would like to plan and/or decorate our tree titled, "Old Fashion Christmas."

Also, we are looking for donations of tree decoration(s) that you remember as a child on your tree or perhaps you made at one time.

Health and Wellness

WESTFORD HEARING CLINIC

Monday, Nov. 13, at 9:30 a.m.

Hearing/Hearing Aid Screenings at Cameron with Dr. Megan Ford from HearSmart Audiology of Littleton. Sponsored by the Westford Health Department. By appointment only. To book your 40-minute appointment call the Westford Health Department at 978-692-5509.

BLOOD PRESSURE & MORE

Tuesday, Nov. 14, at 9 a.m.

Gail from the Westford Health Department will be at Cameron if you would like a health screening including: blood pressure reading, medication review, weight check and an opportunity to discuss other concerns please stop by.

PODIATRY CLINIC

Monday, Dec. 18, at 8:30 a.m.

Cost is \$30. Advance appointments are necessary with Dr. Ayleen Gregorian. Call 978-692-5523.

REFLEXOLOGY

Wednesday, Nov. 15, at 9:30 a.m.

Manicures \$15, Pedicure \$22, Gels \$25. Rebalancing \$21 and reflexology (acupressure) \$25 for 30 minutes and \$45 for an hour. To make an appointment call Veronica at 978-407-7658 or Email her at veronica@greatkneads.com.

Westford Food Pantry

If you are interested in helping 2-3 hours per month, please contact Lynn Roderick, Volunteer Coordinator for further information. Lynn can be reached at lynnmroderick@aol.com

Hours

Westford Community Food Pantry, located on the first floor at Cameron, is staffed by volunteers.

NOVEMBER HOURS:

- **Monday: Nov. 6 & 20** from 1 - 3:30 a.m.
- **Wednesdays: Nov. 8** from 8:30 - 11:30 a.m. and **Nov. 1, 8, 15 & 29** from 6 - 8 p.m.
- **Thursdays: Nov. 9** from 9:30 - 11:30 a.m.
- **Fridays: Nov. 3, 10, 17,** from 8:30 - 11 a.m.
- **Saturdays: Nov. 4 & 18** from 9 - 11 a.m.

HOLIDAY BASKETS

The Cameron Senior Center will be partnering with SVdP Society of St. Catherine's Church again this year for the Westford Holiday Basket Program. This program serves Westford families and individuals who would like to cook a Thanksgiving or Christmas meal, and are facing a financial hardship. If you are interested in donating to the program, please contact Katie Russell at 978-399-2330.

Fitness Classes

*** Room locations are subject to change ***

Aerobics— Drop ins are welcome

Wednesdays at 9:30a.m. in the Multipurpose Room

Fridays at 8:30a.m. in the Card Room

Bone Builders - Pick up application at the front desk

Mondays at 9:30 a.m. in the Card Room

Wednesdays at 9:30 a.m. in the Card Room

Tuesdays at 1p.m. in the Multipurpose Room

Thursdays at 1 p.m. in the Card Room

Chair Movement - Drop In

Tuesdays at 10:15 a.m. in the Multipurpose Room

Thursdays at 10a.m. in the Multipurpose Room

Circuit Training - Sign up at 978-692-5523

Tuesdays at 4:30 p.m. in the Fitness Room

Cost \$40. for the 8 week class

Fitness Camp - Sign up at 978-692-5523

Wednesdays at 1:30 p.m. in the Multipurpose Room

Golf - Sign up at 978-692-5523

Tuesdays at 8 a.m. at Quail Ridge

354 Great Rd, Acton, MA 01720

Cost \$25 per session

Pickleball — Drop ins are welcome

Tuesdays at 10 a.m. at Mill Works

22 Farm Town Road, Westford, MA 01886

Cost \$5.per session.

Ping Pong — Drop ins are welcome

Mondays at 1:45 p.m. in the Card Room

Tuesdays at 3:30 p.m. in the Card Room

Fridays at 9:45 a.m. in the Card Room

* Other rooms may be used if available*

T'ai Chi — Drop ins are welcome

Mondays at 1p.m. in the Card Room

Yoga — Drop ins are welcome

Tuesdays at 9a.m. in the Card Room

Wednesdays at 1 p.m. in the Card Room

Zumba – Drop ins are welcome

Tuesdays at 8:15a.m. in the Multipurpose Room

Thursdays at 9a.m. in the Multipurpose Room

Ongoing Activities

For complete list, see monthly calendar and check out our website

<https://www.westfordma.gov/593/Council-on-Aging>

BINGO

Mondays, 1:00 p.m. Except on Monday, Nov. 20 it will be held at 1:30 p.m. & Thursdays, starting at 7 p.m.

Doors open ½ hour early. Remember: the first Thursday night of the month, Hot dogs, chips, drink will be served for a donation of a \$1.00. If you need a ride, call the transportation line in advance at 978-399-2322.

UPBEATS

Tuesdays at 10:15 am.

If you love music, play an instrument and want to have fun, come join this wonderful group of musicians.

CAMERON MUSIC MAKERS

Fridays at 9 a.m.

New singers are always welcome!

QUILTING CLUB

Mondays at 9:30 a.m.

Join our group dedicated to making quilts to donate to elders and children. All skill levels of quilters welcome!

TRAIN BUFFS

Thursdays at 7 p.m.

Like trains? C'mon down to the Cameron basement to view our set-up or join our group of aficionados.

GENEALOGY WORKSHOP

Interested in researching your family's ancestry?

Call 978-692- 5523 to arrange for a private, one-on-one genealogy consultation with an expert.

"EXPRESS YOURSELF WALL"

Thanks to local photographer, Doug Pederson, we now have a place to highlight our local seniors' talents. We are happy to post your creative works on our lobby wall above the water bubbler. We are seeking your poems, photographs, artwork, and more. We know there are many talented folks out there ... express yourself!! If you have a creative name for our wall submit it and you may be a lucky winner. Any questions, contact Katie.

55+ Early Evening

LOWELL GENERAL EDUCATIONAL SERIES

Tuesday, Nov. 7, at 6:00-7:30pm

Free classes here at the Cameron. Mark your calendars and **register with Lowell General at 1-877-544-9355**. Join Matthew Katz, MD, board-certified Radiation Oncologist and Medical Director of Radiation Oncology at Lowell General Hospital for an overview of radiation treatment in cancer care. Dr. Katz will discuss the different types of radiation therapy, what to expect during treatment, cancer control, and symptom relief. Bring your questions and family members along for an informative and interactive evening.

SANDWICH GENERATION SERIES

"Downsizing: How do I get rid of all this stuff?!"

Tuesday, Nov. 28th, at 6:00 p.m.

Please join Kathy Cunningham from Coldwell Banker, as she continues her series on Downsizing. She has invited a guest speaker, Marie LeBlanc, from Transitions Liquidation Services. Together they will help you develop a plan to disperse your excess personal property. This will include helping you estimate what your personal items might be worth, where they might be sold and organizations who might take donations. Marie will also tell you about services she offers to help you with this. Please sign up at 978-692-5523 by 9/22.

PAINT AND SIP WITH KATIE

Thursday Nov. 9th at 5:30 pm. for \$5.00

A night out to relax, paint glass vases, and enjoy beverages with your peers. Supplies will be provided. Sign up at 978-692-5523.

CIRCUIT TRAINING

Tuesday Nov. 7 at 4:30 p.m. for 8 weeks for a cost of \$40.

Our instructor, Alison, come learn how to use the cardiac and strength equipment and create a personal exercise program that addresses your goals and health concerns. This is a popular class so sign up quickly for the 10 slots. If another 10 are on a wait list, we will add Thursday nights back. For more information, call Annette at 978-399-2326.

BOOK CLUB

Tuesday, Nov. 28, at 6 p.m.

Our next gathering we will discuss "Early Autumn" by Robert Parker. Books can be ordered for you in advance so please call to sign up at 978-692-5523.

MOVIE NIGHT

Thursday, Nov. 16, at 4:30 p.m.

This month's movie is "Calendar Girls" Please call to sign up at 978-692-5523 by 11/13.

IS IT SIMPLE MEMORY LOSS OR ALZHEIMER'S?

Tuesday, Nov 14 at 6:00 p.m.

The director of Nashoba Life Care's Memory Unit will present on here at the Cameron. Please call 978-692-5523 to sign up.

Dining Options

ELEGANT CHEF LUNCHEON

Monday, Nov. 20 at 11:30 a.m.

Enjoy this three-course meal prepared and served by the culinary art students from Nashoba Tech's Elegant Chef program. RSVP must be three business days notice at 978-692-5523.

November menu selections: **Pot Roast** or **Broiled Salmon with a Citrus Glaze** The cost is \$10.

BIRTHDAY CELEBRATION

Thursday, Nov. 30 at 12:30 p.m.

Come Celebrate the November Birthdays! Lunch is prepared by the students of the Elegant Chef restaurant at Nashoba Tech followed by cake and ice cream that will be sponsored by Exit Reality. Please call in advance to register at 978-692-5523. Cost for Birthday celebrants is free and to guests the cost will be \$5. November Meal Choice is ~ Meatloaf and Macaroni & Cheese

RESTAURANT REVIEW ~ Dutch Treat!

Wednesday, Nov. 29 at 11:30 a.m.

at the "110 Grill" at 116 Chelmsford St., Chelmsford. Please pre register at 978-692-5523 so we can call the restaurant with a head count for adequate seating. When you arrive, check in under "Westford Senior Center". Bon Appétit.

LUNCH AND LEARN

Friday, Nov. 3 at 12:15 p.m.

Family Feud: Preparing for Winter and Lunch with Humble Home Care Services. Call 978-692-5523 to sign up.

MEN'S BREAKFAST

Tuesday, Nov. 14, at 8 a.m.

How to Communicate face to face with your Adult Children and Grandchildren with Ray Mascola Call 978-692-5523 to sign up.

WOMEN'S BREAKFAST

Monday, Nov. 13, at 9 a.m.

Tea 101 with Westford Tea Sommelier, Katrina A'vila Munichello is a local author and editor who has long had a passion for the topic of tea. She began her writing career in 2007, publishing article and magazines and newspapers like Yankee Magazine and Boston Globe Sunday Magazine. In 2011 she published "A tea reader: living Life One Cup at a Time," a collection of essays from tea lovers all over the globe (Tuttle Publishing). She currently is raising three children in town and continues to write and edit, including working as a Fact Checker for America's Test Kitchen.

WEDNESDAY LUNCH

Lunch will be served at 12 p.m. Reservations are required 24 hours in advance by calling 978-692-5523. (If you forget to RSVP we ask that you please wait in the sitting area until all are served, thank you!)

Cost is \$3.

Wednesday, Nov. 1, Spaghetti Sausage & Meatballs

Wednesday, Nov. 8, BLT's

Wednesday, Nov. 15, Ruben Sandwiches

Wednesday, Nov. 22, No lunch Happy Thanksgiving

Wednesday, Nov. 29, Tuna Salad Sandwiches

Trips

COA VAN TRIP

Friday, Nov. 17 at 9 a.m.

Shopping at Wrentham Village Outlets. Lunch on your own.

Cost is \$10 for Transportation. Call 978 692 5523 to sign up.

MICHAEL BUBLE CHRISTMAS TRIBUTE

BEST OF TIMES

Wednesday, Dec. 6, Time TBD

Meal Choice of Stuffed Chicken or baked Scrod.

Cost is \$94 per person.

Thank You, Patti !



Pictured L-R : Patti Mason, Ken Smith, Sandie Lin, Carolyn Sullivan, Tracy Liu, Ken Clough, Alan Jones

Pickle ball players graciously thank Patti Mason, Founder of Westford Family FunFest, a component fund of the Greater Lowell Foundation for the addition of a pickle ball court and equipment for the Cameron Senior Center. Jen Claro, COA Director states, " This is our first outdoor exercise activity in a while that has excited many people, started new friendship and added a wonderful exercise component." Join us for: **Pickle ball 101 held on November 9th at 1:00** court side at the Cameron- Please register by calling 978-692-5523

Support Services

COA TRANSPORTATION SERVICES FOR SENIORS 60+ AND THE DISABLED

Service towns are: Acton, Ayer, Carlisle, Chelmsford, Concord, Groton, Littleton, and Westford. Please call Chuck at 978-399-2322 48 hours prior to your appointment to schedule your ride. Our first priority are rides to medical appointments, we will also take you to local errands and all Cameron Senior Center sponsored activities. Don't forget we offer Grocery Shopping trips to Market Basket every Wednesday and other days as needed.

Donations are encouraged.

VETERANS SERVICES

Thursdays, 8 a.m. to noon.

Meet with Westford Veterans Agent at the Cameron. Only on the first Thursday's of each month The Veterans Agent will have evening hours from 4 - 6 p.m. The remaining Thursdays of each month will continue with his usual AM hours. The regular office, in the Millennium Building behind Abbot School, 23 Depot Rd., open Monday through Thursday, from 8 a.m. to 4 p.m. Fridays by appointment only. For more information, call 978-392-1170 or visit <http://westfordma.gov/veterans>

SHINE APPOINTMENT

Monday, Nov. 13 & 20 at 12:30 p.m.

Open enrollment is Oct 15-Dec7. For a private, confidential appointment, at the Cameron, to answer your health insurance or Medicare questions, call 978-692-5523.

SHINE PRESENTATION

Thursday, Nov. 9, at 1 p.m.

For anyone wishing to learn more about changing their insurance coverage during the Medicare open enrollment period (Oct. 15-Dec. 7) or for those about to become eligible for Medicare, this SHINE presentation is for you. To register, call 978-692-5523.

MEALS ON WHEELS – Monday through Friday.

Hot, nutritious meals delivered to home-bound seniors – either on a temporary basis (post-surgery) or a long-term basis. Traditional and special diets are available, with a doctor's authorization. Call 1-800-892-0890 to register.

REAL ESTATE TAX EXEMPTIONS

There are several tax exemptions you may qualify for to help reduce your tax burden. Be looking for a chart with your next tax bill that shows the various exemptions. From Nov. 1st until April 1st you may apply for these exemptions through the Assessor's Office and if you need assistance completing the applications Annette, the Outreach Coordinator can assist you. For more Information contact Annette at 978-399-2326 or the Assessor's office at 978-692-5504.

SUPPORT GROUPS

Several local support groups are available to Westford residents. Visit: www.westfordma.gov/coa. Click on: Services/Programs and then click on: Support Groups. As your Outreach worker I am here to assist you with almost any situation that arises. If you are seeking: information, problem solving, supportive listening, application assistance or more, please don't hesitate to contact Annette at 978-399-2326.

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

Wednesday, Nov. 1, at 6:30 p.m.

1st Wednesday each month at 6:30 p.m. Cameron Senior Center. For information, call Sandy at 978-758-6072.

ASK THE LAWYER

Tuesday, Nov. 7 at 9:30 a.m.

Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors age 60 and over, by appointment. Please call 978-692-5523 to reserve a timeslot.

ASK THE ESTATE PLANNING LAWYER

David Walker, a frequent presenter at the Cameron, will be offering individual, free 20 minute appointments quarterly starting Thursday, November 2nd from 10:00 am to 12:00 noon. Please call 978-692-5523 to sign up.

ASK THE OFFICER

Thursday, Nov. 9, 11 a.m. to 12 noon.

Westford Police Department Family Services Detective Nirisa Nicoletti will be available for consultation the 2nd Thursday each month at Cameron. Walk-in or call 978-692-5523 for an appointment.

MEET THE REALTOR

Monday, Nov. 13, at 10 a.m.

Local real estate agent Kathy Cunningham of Coldwell Banker. Call: 978-692-5523 for an appointment.

ASK THE PROPERTY TAX RELIEF REP

Wednesday, Nov. 15

To help our senior homeowners be more aware of the real estate tax exemptions that they may be eligible for we will be holding monthly 1:1 appointments. On the 3rd Wednesday of the month, appointments will be available between 10:30 and 12:30. Call the front desk to make an appointment, 978-692-5523.

HOUSING CONSULTANT

Monday, Nov. 20, at 1 p.m.

New monthly service offering at the Cameron. Housing Consultant provides helps to individuals dealing with various housing issues in Westford. To schedule an appointment call 978-692-5523.



Left: Alison Christopher, LICSW
Town Social Worker
Right: Annette Cerullo, LSW
Outreach Worker

ATTENTION

When you receive your Social Security Benefit Letter with your monthly benefit amount for this year, please save it in a safe place. These letters are required for most financial assistance programs-SNAP, LIHEAP, property tax relief, etc.

RMV (REGISTRY OF MOTOR VEHICLES) ASSISTANCE

If you need assistance with an online transaction with the RMV-license renewal, registration renewal, etc. we are happy to assist you. Not all renewals and transactions are eligible to be completed online, but we can let you know if we can help.

Call Alison at 978-399-2325 or Annette at 978-399-2326.

WALK FOR THE POOR

NOV.10th – Seeking 2 volunteers

St. Catherine's church is sponsoring a local walk that will support local food banks, including the pantry here at Cameron. To show our appreciation we are seeking folks who would be interested in passing out water bottles and apples and cheering on the walkers as they pass by the Cameron from 9:00 a.m. to 10 a.m. If this opportunity to show gratitude moves you, please call Annette at 978-399-2326. Much thanks.

Outreach & Social Services

WHAT IS OUTREACH?

By: Annette, Outreach Coordinator

In the Social Work/Outreach department we do our best to know the seniors in our community; however, as the town grows this goal becomes more challenging. Therefore, we look to families and neighbors to keep us informed so with the colder weather upon us, please let us know if you have any concerns about your elder neighbors so that we can make a call or home visit to assess the situation. All information is kept in the strictest of confidentiality. You can address your worries with Alison the SW or Annette the Outreach Worker at 978-399-2326. Thank you for caring about your neighbors!

FALL YARD CLEANUP UPDATE

If you signed up for fall cleanup by the Oct. 6th deadline we are doing our best to match you up with a volunteer group to perform this service. If you have not been contacted yet by a group and have any questions, please contact the Outreach Worker, Annette at 978-399-2326.

SAND BUCKETS

If you are in need of a free bucket of sand to be delivered to your home please call 978-692-5523.

SNOW REMOVAL

As the cooler weather approaches we all begin to think about preparing for the winter. Many folks ask if we know of people who can help with snow removal. Unfortunately, this is one of the hardest needs to find services for. There are several snow plow companies in the area and we create a list every year with their contact information however we do not endorse any one over another. Other options are to check with your church, the local classifieds and your neighbors. I am trying to recruit local students who could possibly "adopt" a senior for the winter to regularly check in on them and do some shoveling of walkways. If you would like to discuss this further, please call Annette at 978-399-2326.

T.R.E.A.D.

Applications are available at the Senior Center and were **DUE ON AUGUST 1st**. If you are having difficulty paying property taxes and missed the application deadline, please call Alison Christopher LICSW at 978-399-2325. Tax Relief for Elderly and Disabled is a donation funded program for property tax relief. Applicants must be 65 years or older OR have a state recognized disability, and must own and occupy their home. The T.R.E.A.D. Committee meets to determine awards in December 2017, so this is the final month to turn in an emergency late application.

FUEL ASSISTANCE (LIHEAP) APPLICATIONS

Community Teamwork has already mailed renewal applications to previous recipients. If you get one in the mail, complete it and return it as soon as possible. If you need help, call Alison 978-399-2325 or Annette 978-399-2326. Gross annual income limits for LIHEAP are as follows: 1 person household-\$34,380, 2 person household-\$44,958. If you are interested in applying for the first time or have questions about other household sizes/income limits, call Alison at 978-399-2325. We have applications and are ready to assist you.



The Atrium at Drum Hill

*A Benchmark Senior
Living Community
For Memory Impaired*

978-934-0000

2 Technology Dr • N Chelmsford



*"The People
With a Heart"*

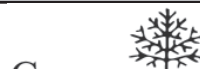
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FRIENDS OF CAMERON MID-YEAR MEETING

Thursday, Nov. 2, at 12:30 p.m.

All Friends are invited to join the Friends Board for an Open Forum at our November (mid-year) meeting. Come meet the board, ask questions, give feedback, learn about upcoming events or volunteer opportunities...or just visit.

A NEW COA GIFT ACCOUNT ESTABLISHED

The Council on Aging Board voted to establish this gift account to provide the director access to funding as he/she sees fit to best support the program and or service of the Cameron Senior Center in its daily operations.

To support this gift account a donor simply needs to make a check payable to the Town of Westford the Council on Aging and designate COA gift account.

Donations can be mailed to the Cameron Senior Center or dropped and/or dropped off at 20 Pleasant Street.

We will be glad to provide a receipt for tax deduction purposes.

COLDWELL BANKER DONATES:

The Cameron Senior Center was grateful to receive a check from Coldwell Banker of Westford for \$2,321.20 to use for fuel assistance cases for older adults experiencing financial hardship. Pic L-R Cathy Keady, Christian Fletcher, Susan Ernst, Cheryl Major, Kathy Cunningham, you, Leslie Thomas, Ryan Kiley and Janet Morano



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MARIE STABILE IS A VOLUNTEER ART TEACHER AT THE SENIOR CENTER. AFTER 8 YEARS HER STUDENTS HAVE RECEIVED MANY AWARDS EVEN THOUGH SOME HAVE

NEVER PAINTED BEFORE. SHE IS A MEMBER OF THE PCA, CHELMSFORD ART ASSOC, BRUSH GALLERY AND WHISTLER HOUSE. MARIE'S WORK IS CURRENTLY HANGING AT THE BRUSH GALLERY IN LOWELL MASS, THE BLINK GALLERY IN LEXINGTON, AND THE GRACE CHAPEL IN LEXINGTON, MASS.




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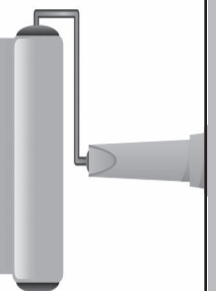
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Daylight Savings Starts November 5th 	1 Aerobics 9:30 am Bone Builders 9:30 am Lunch 12 pm Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1 pm Alzheimer's Sup. 6:30 pm	2 Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Watercolor Class 10 am Hand & Foot 12:30pm Friends Bd. Mtg. 12:30 pm Bone Builders 1 pm Veterans Services 4 pm Hot Dogs 5:30 pm Bingo 7 pm Train Club 7 pm	3 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am Lunch & Learn 12:15 pm
6 Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon T'Al Chi 1 pm Busy Fingers 1 pm Bingo 1pm Ping Pong 1:45 pm	7 Basic Zumba 8:15 am Billiard Player 8:30 am Gentle Yoga 9 am Ask the Lawyer 9:30 am Pickle Ball 10 am Watercolor Club 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Ping Pong 3:30 pm Circuit Training 4:30 pm Lowell General 5:30 pm Watercolor Class 6 pm	8 Aerobics 9:30 am Bone Builders 9:30 am Lunch 12 pm Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1 pm Fitness Camp 1:30 pm COA Bd. Mtg. 4 pm	9 Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Ask the Officer 11 am Hand & Foot 12:30 pm Veterans Lunch 12:30 pm SHINE 1 pm Pickleball 101 1pm Bone Builders 1 pm Paint & Sip 5:30 pm Bingo 7 pm Train Club 7 pm	10 Closed in Observation for Veterans Day 
13 Women's Breakfast 9 am Hearing Clinic 9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon SHINE 12:30 pm T'Al Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	14 Men's Breakfast 8 am Basic Zumba 8:15 am Billiard Players 8:30am Blood Pressure 9 am Gentle Yoga 9 am Pickle Ball 10 am Watercolor Club 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Ping Pong 3:30 pm Circuit Training 4:30 pm Memory Loss 6 pm	15 Reflexology 9:30 am Aerobics 9:30 am Bone Builders 9:30 am Tax Committee 10:30 am Lunch 12 pm Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1pm Fitness Camp 1:30 pm	16 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Watercolor Class 10 am Chair Movement 10 am Hand & Foot 12:30 pm Bone Builders 1 pm Movie 4:30 pm Bingo 7 pm Train Club 7 pm	17 Aerobics 8:30 am COA Van Trip 9 am Music Makers 9 am Ping-Pong 9:45 am
20 Bone Builders 9:30 am Quilting Club 9:30 am Elegant Chef Lunch 11:30 am Art/Open Studio 12 noon Housing Consultant 1 pm SHINE 1 pm T'Al Chi 1 pm Busy Fingers 1 pm Bingo 1:30 pm Ping Pong 1:45 pm	21 Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Watercolor Club 10 am Pickle Ball 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Ping Pong 3:30 pm Circuit Training 4:30 pm	22 Only group class held will be Aerobics at 9:30 am	23 Closed for Thanksgiving 	24 Closed for Thanksgiving
27 Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon T'Al Chi 1 pm Busy Fingers 1 pm Bingo 1pm Ping Pong 1:45 pm	28 Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Watercolor Club 10 am Pickle Ball 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Ping Pong 3:30 pm Circuit Training 4:30 pm Sandwich Generation 6 pm Book Club 6 pm	29 Aerobics 9:30 am Bone Builders 9:30 am Brunch and Beads 10 am Lunch 12 pm Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1 pm	30 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Watercolor Class 10 am Chair Movement 10 am Birthday Lunch 12:30 pm Hand & Foot 12:30 pm Bone Builders 1 pm Bingo 7 pm Train Club 7 pm	

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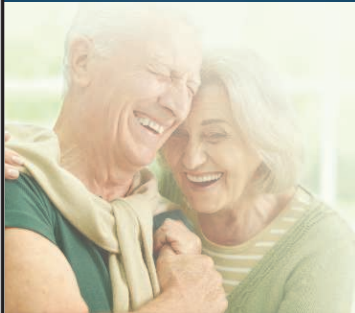
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Aging.

BOARD MEETINGS

COA Board – Wednesday, Nov. 8, at 4 p.m.
Friends of Cameron – Thursday, Nov. 2, at 12:30 p.m.

COUNCIL ON AGING STAFF

Jennifer Claro, Director of Elder Services
Alison Christopher, LICSW / Social Worker
Annette Cerullo, LSW /Outreach Coordinator
Claire France, Records Supervisor
Jean Mahoney, Registrar
Eugene Jungbluth, Lead Van Driver Admin
Charles Dutton, Lead Van Driver Dispatch
Christopher Mitchell, Maintenance
Katherine Russell, Senior Assistant
Ashley Diaz, Evening Supervisor

COUNCIL ON AGING BOARD MEMBERS

Nancy Cook, Chair
Robert Tierney, Vice Chair
Kathryn Wilson, Clerk
Helena Crocker
Patricia Holmes
Sandra Collins
Ret. Chief George Rogers

FRIENDS OF CAMERON OFFICERS

Richard Severyn, President
Barbara Upperman, Vice President
Chris Kuntz, Secretary
Joyce Newton, Treasurer
Frances Kosenko, Asst. Treasurer

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